



## May “Nutrition Connection” *Celebrating National Salad Month!*

### Seasonal Recipe: Grilled Asian Steak and Spinach Salad

#### It's Not Just For Diets...

Move over iceberg lettuce because this month's “Nutrition Connection” is going to inspire you to spruce up your everyday salad. The salad, such a versatile dish, can be a colorful side or serve as the starring role of your meal depending on how you build your bowl.

#### Building the Base

Most salad bases begin with a leafy green. While it is tempting to reach for the same iceberg or romaine lettuce, “lettuce” us show you some green alternatives for a salad twist:

**Arugula:** (*one of my favorites*) peppery flavor, the bigger the leaf, the stronger the flavor

**Endive:** tangy flavor, nice to combine with other lettuces because of its “leafy” texture

**Baby Spinach:** earthy flavor, baby spinach tends to be bolder in flavor than its bigger leafed brother

**Kale:** earthy flavor and give this green a massage first...believe it or not massaging the green will enhance flavor and reduce its fibrous nature turning it into a luscious leaf (*massage in lemon juice and avocado for an even tastier green*)

#### Salad: A Well-Rounded Meal

Moving beyond just vegetables, and the salad can be transformed into a complete meal containing all food groups, here are some suggestions:

- **Protein:** Add lean proteins such as flaked tuna or salmon, chicken breast, turkey breast, pork chops or loin, lean beef, hard-boiled eggs, marinated tofu, veggie burgers, [roasted chickpeas](#) or beans;
- **Healthy fats:** Fat-free is flavor-free! Plus, adding fats and oils to vegetables allow us to absorb more of the fat-soluble vitamins found in your colorful salad ingredients. Store-bought salad dressings are often disappointing. Freshly squeezed lemon juice and a good olive oil can be the simplest duo to dress a salad. For a basic vinaigrette, check out this month's [Nutri-Bite](#). Many times we have all of the basic ingredients for a dressing on hand. Beyond olive oil, add avocado, nuts and seeds (toasted are even better), flaxseed, chia seeds, and olives for healthy fats.
- **Dairy:** Use pungent flavored cheeses such as goat, blue, gorgonzola, or parmesan to boost taste and enable you to use less

- **Fruits:** Fresh, dried or canned, fruits such as dried blueberries, cherries, cranberries, mandarin oranges, strawberries, pears, or sliced grapes are a wonderful way to add a touch of sweetness with nutrients to boot
- **Grains:** Cooked grains such as bulgur wheat, couscous, whole-wheat pasta, quinoa, or brown rice can offer whole-grain goodness

### Some Like It Hot

Usually our salads are prepared and eaten cold. For variety, try sautéing onions, broccoli, peppers, artichoke hearts (a variety of vegetables) in balsamic vinegar, olive oil, and some fresh squeezed orange juice. Pile these sautéed veggies on your lettuce (use spinach for more nutrients). Toss it all up, and you have created a warm and comforting salad.

### The Spinner: One of My Favorite Kitchen Helpers

The easiest and **quickest** way to dry salad greens is in a salad spinner. A salad spinner uses a spinning force to remove water from freshly washed salad greens and herbs. Your wet greens are placed in a colander like basket that fits in a larger outer bowl. The bowl is covered with a lid that has a operated handle, pull-cord or knob that you pump to turn the inner basket and spin the water off into the outer bowl.

Pack greens lightly to avoid overcrowding and bruising them. After spinning, pat off any remaining moisture with clean paper towels. I use the salad bowl for practically any vegetable or fruit that needs to be washed and dried before stored.

### Salad Sabotage

“I’ll just have a salad...” Trying to save your precious calories when dining out? While this might often be a good idea, don’t fall prey to salad sabotage. Here are a couple of salads that are equivalent to the infamous “taco salad!”

<b>Einstein Brothers:</b> Bros Bistro Salad with Chicken:	940 calories
<b>Macaroni Grill:</b> Seared Sea Scallops Salad:	1,320 calories
<b>California Pizza Kitchen:</b> Thai Crunch Salad with Fresh Avocado:	1,212 calories

Check out your favorite restaurant salad at [www.calorieking.com](http://www.calorieking.com) to make sure you shouldn’t have just ordered the burger....OR make more salads at home. The recipe below is one to please!

# Grilled Asian Steak and Spinach Salad

Prep: 20 minutes; Cook: 20 minutes.

## Ingredients

- 8 oz. baby spinach (about 8 cups)
- 1/4 cup extra-virgin olive oil, divided
- 2 garlic cloves, finely minced
- 2 tablespoons fresh lime juice
- 1 teaspoon light or dark brown sugar
- 1 tablespoon low-sodium soy sauce
- 1 sweet red onion, cut into 1/4-inch half-moons (about 2 cups)
- 1/2 pound grass-fed steak (porterhouse, rib-eye, sirloin, or tenderloin)
- 4 fresh cilantro sprigs
- 2 tablespoons chopped unsalted peanuts, for garnish (optional)



## Preparation

1. Preheat grill.
2. Wash and dry spinach. Place the leaves in a large salad bowl; set aside.
3. Whisk together 2 tablespoons olive oil, the garlic, lime juice, sugar, and soy sauce in a small bowl; set aside.
4. Heat 1 tablespoon olive oil in a cast-iron skillet or grill pan on prepared grill. When oil is hot but not smoking, sauté onion, stirring constantly, for 3 minutes. Transfer onion to bowl with spinach. Add remaining 1 tablespoon olive oil to skillet. Sear steak over medium-high heat about 3 minutes per side or until medium-rare. Remove skillet from heat, and immediately transfer the steak to a cutting board; let rest.
5. Return skillet to heat, and add soy-lime mixture to pan; turn heat to medium-high. Deglaze skillet by stirring constantly and loosening brown bits on bottom. Cover and keep warm.
6. Slice steak as thinly as possible, cutting against grain, and arrange over onions and greens. Drizzle with sauce, and garnish with a cilantro sprig. Sprinkle with peanuts (if desired). Serve immediately.

**Nutrition per serving:** 260 calories; 19 g Fat; 12 g Carb; 4 g Fiber; 12 g Pro; 248 mg Sodium

Source: Health.com

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